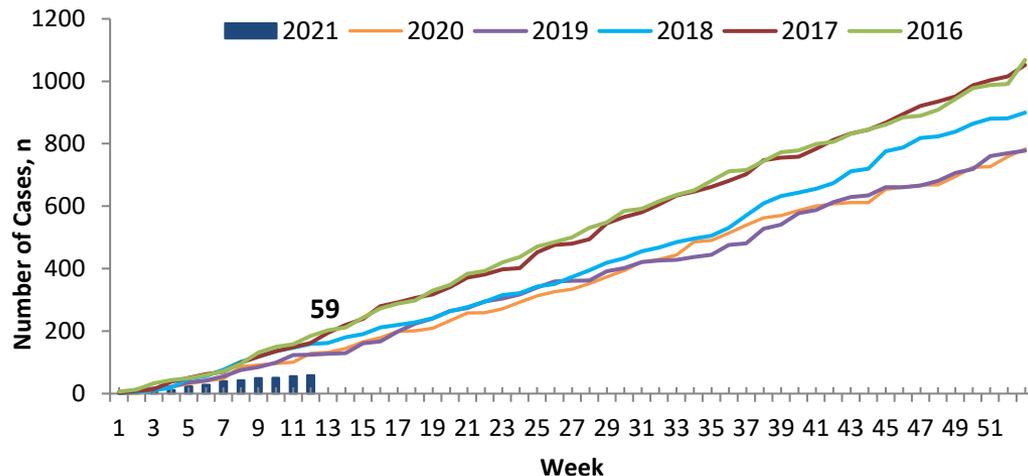


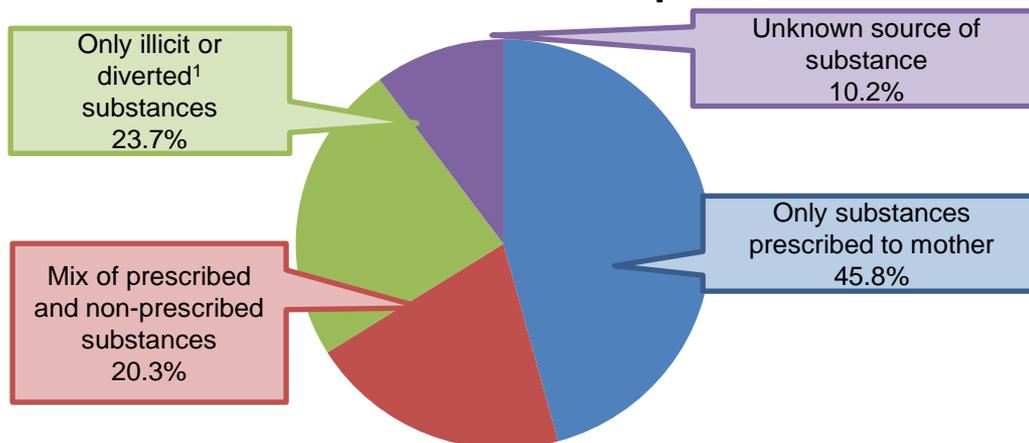
Neonatal Abstinence Syndrome Surveillance

March 2021 Update (Data through 03/27/2021)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **59 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through March 27, 2021.
- In most NAS cases (**66.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2021 have occurred in Sullivan County.

NAS Prevention Highlight – The Tennessee Department of Health offers family planning services in every county health department clinic. The clinics are staffed by doctors, nurse practitioners and nurses. The staff is trained to provide education, counseling, physical assessments and treatment, if needed, and contraceptives.

No one will be denied services due to an inability to pay. Clinics offer services for women, men and teens. All information is kept private. For more information about available services and contact information for regional and local health departments, visit the Tennessee Department of Health [web page](#). Family planning is considered essential, and services may be provided by telephone or telehealth. For more information, contact Danni Lambert at danni.lambert@tn.gov.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	38	64.41
Legal prescription of an opioid pain reliever	1	1.69
Legal prescription of a non-opioid	5	8.47
Prescription opioid obtained without a prescription	11	18.64
Non-opioid prescription substance obtained without a prescription	2	3.39
Heroin	4	6.78
Other non-prescription substance	12	20.34
No known exposure	0	0.0
Other ⁴	7	11.86

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	3	1.2
East	9	4.9
Hamilton	1	1.0
Jackson/Madison	0	0.0
Knox	4	3.3
Mid-Cumberland	3	0.8
North East	6	7.8
Shelby	13	4.3
South Central	1	0.9
South East	2	2.4
Sullivan	11	36.1
Upper Cumberland	4	4.6
West	2	1.5
Total	59	3.1

NAS Prevention Opportunities

Women of Childbearing Age

- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [find recovery meetings](#) across Tennessee

Everyone

- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Get help for substance abuse at 1-800-662-HELP.

Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore, the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/nas>

For questions or additional information, contact Alice Nyakeriga at alice.nyakeriga@tn.gov